

## **TERESA ROBLES**



Teresa Robles was born in 1944 in Mexico. She has a Master's Degree in Social Anthropology and a PhD in Clinical Psychology by Universidad Nacional Autónoma de México (Autonomous National University of Mexico) and specialties in different areas of Psychotherapy and Anthropology in Mexican and International Institutions among which are Terapia Familiar Sistémica (Systemic Family Therapy) and Planificación del Desarrollo Comunitario (Community Development Planning).

In 2008 she was a candidate to the King Balduino I Award for her dedication in promoting Psychotherapy in several states in Mexico and for the assistance that she has provided in the Health Field for those who need it the most. The same year she received the Nicolas Roerich Medal from the International Committee for the Banner of Peace from the United Nations, bestowed by Alicia Rodriguez PhD.

She has participated as member of the Board of Directors in many associations of health professionals in Mexico and she is a current member of the Asociación de Mujeres Líderes de América Latina (Women Leaders Association in Latin America).

She was an advisor for the researchers in Centro Mexicano para Estudios de la Farmacodependencia (Mexican Center for Farmacodependency Studies) and a candidate to receive the Carlos Slim's Award for Excellence on Research by the Fundación Nacional para la Salud (National Foundation for Health) in 2010.

She founded the Sociedad Mexicana de Hipnosis (Mexican Society of Hypnosis) , the first Milton H. Erickson Institute in Mexico, third in Latin America; and the Centro Ericksoniano de México (Ericksonian Center of Mexico) in 2000. The Center is certified by the Consejo Nacional de Ciencia y Tecnología (CONACYT) (National Council of Science and Technology) as an Institute of Superior Teaching and Research).

Through the Center and with the basis in her numerous research projects, Teresa Robles has dedicated herself to create hypnotic and psychotherapeutic techniques adapted to the Latin American cultures and to train hypnotherapists in different cities in Mexico and Latin America with a Master's Degree that is officially recognized as well as several graduate school programs.

Since 2015 she has presented at the Brief Therapy Congresses, organized by the Milton H. Erickson Foundation Inc. her approach and techniques as a new School of Psychotherapy: Ericksonian Psychotherapy Based on Universal Wisdom.

Through community service, her students offer support to the most underprivileged groups: indigenous communities, people confined in prison, immigrants, refugees, women who suffer violence and victims of human traffic, among others.

She travels to share her approach of Hypnotherapy through workshops and congresses mainly in the American Continent and in Europe.

She has received:

The Life Time Achievement Award for Outstanding Contributions to the Field of Psychotherapy, by The Milton H. Erickson Foundation Inc.

The same acknowledgement by Sociedad Mexicana de Psicología (Mexican Society of Psychology).

The Milton H. Erickson Award from the Institut Emergences in France.

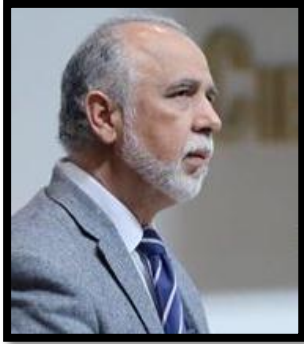
The Pierre Janet Award to Clinical Excellence from the International Society of Hypnosis.

In addition, The Presidential Medal from the Asociación Caribeña de Hipnosis Terapéutica (Caribbean Association of Therapeutic Hypnosis) and acknowledgements for her contributions to the Field of Psychotherapy and Hypnosis from the Asociación de Hipnosis de Nuevo León (Hypnosis Association of Nuevo León) and the Instituto Familiar Sistémico (México) (Systemic Family Institute).

Teresa has been a member of the International Society of Hypnosis since 1993 in which she has participated at the Committee On Ethical Practices during 1999 and was member of the Board of Directors from 2000 until 2009.

She organized the XVII ISH International Congress in Acapulco in 2006 and has served as Chair for many other International Congresses.

She has published three books of Anthropology, seven books in Ericksonian Hypnosis and ten audio materials that have been translated into French by SATAS in Belgium and to Portuguese in Brazil. She has also collaborated with articles and chapters on books in different languages.



**Name: Arnaldo**  
**Last name: Téllez**  
**Title: PhD**  
**Languages: Spanish and English**

Arnaldo Téllez is a researcher, hypnotherapist, director of the Erickson Institute of Brief Therapy, clinical hypnosis professor in master degree programs of systemic brief therapy in Psychology faculty of Autonomous University of Nuevo León and José Martí University of Latinoamerica.

Dr. Téllez also is:

Head of Health Psychology Department of the Research and Development Center of Health Sciences at Autonomous University of Nuevo León.

Master's Degree and PhD degree holder at Psychology Faculty of Autonomous University of Nuevo León.

Founder and President of Hypnotherapy Association of Nuevo León.

Main organizer of Internacional Congress of Clinical Hypnosis and Brief Therapy in México (nine congresses to date).

Former President of National Council for Teaching and Research of Psychology (2008-2011).

Former Principal of Psychology Faculty, Autonomous University of Nuevo León (2003-2009).

Author of over 50 articles and chapters, mainly on the efficacy of clinical hypnosis on several subjects such as :

- Quality of life in cáncer patients
- Psycho-somatic disorders
- Depression and anxiety
- Self-esteem and optimism
- Posttraumatic stress disorder

He is Author/Editor of 12 books, six of them about hypnosis.

- Clinical hypnosis: an Ericksonian Approach, Trillas Press (2007)
- Clinical hypnosis and brief therapy, Autonomous University of Nuevo León Press (2014)
- Clinical Hypnosis and Brief Systemic Therapy: Clinical Case Analysis. Autonomous University of Nuevo León Press (2016)
- The Usage of Clinical Hypnosis in Patients with Cancer. Autonomous University of Nuevo León Press (2017).
- Clinical hypnosis and brief therapy in depression. Autonomous University of Nuevo León Press (2018). Book written with collaboration of Jorge Orozco (México) and Claude Virot (France).
- Strategies of Clinical Hypnosis and Brief Therapy. Autonomous University of Nuevo León Press (2018).